

## Important Notice for Michigan FAP Recipients

On Nov. 1, 2013, Michigan recipients of Food Assistance Program (FAP) benefits, known nationally as the Supplemental Nutrition Assistance Program (SNAP), will see their benefits decrease.

In April 2009, the American Recovery and Reinvestment Act (ARRA), commonly known as the stimulus package, raised these benefits to help people affected by the recession. During the difficult economic downturn, as more and more hard-working individuals and families faced difficult choices between purchasing groceries or paying bills, FAP helped reduce food insecurity and prevented many people from slipping even deeper into poverty.

Recipients can expect two changes in their benefit amounts during the fall of 2013. First, benefits will change slightly for most households Oct. 1 to reflect the costs of living. This is one of a set of adjustments that happens every year at this time. Then, most families will see their benefits decrease Nov. 1 due the end of the extra benefits provided by the federal stimulus package.

On average, a family of four with no income would likely see their monthly benefits decrease by about \$36 Nov. 1. While the upcoming decrease will affect all recipient households, every case is different. The amount of a household's FAP benefit depends on many things like income, household size and expenses.

FAP recipients can check their new benefit amount on the monthly date that their benefits are usually made available by calling: **1-888-678-8914**.

Unexpected day-to-day circumstances can put any family in vulnerable, often unforeseen situations. The federal government provides several resources to help people eat healthy meals on a low budget including:

- [10-Tips Nutrition Series](#)
- [ChooseMyPlate.gov](#)
- [Plan, Compare and Prepare](#)
- [Eat Right When Money's Tight.](#)

The USDA [Recipe Box](#) helps you find healthy low cost recipes and create cookbooks and shopping lists.